

S M T W Th F S

September 2021

Brookdale Mount Vernon Drive

1775 Mount Vernon Drive, NW
Cleveland, TN 37311

(423) 473-7300 | brookdale.com



THE DAILY Path

UPCOMING EVENTS

- 08:00 Breakfast
- 10:00 B-Fit Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 1:30 Creative/Crafts/Art and Clustered Groups
- 2:30 Physical
- 3:00 Refreshments
- 3:30 Music/ Intergenerational
- 5:00 Dinner
- 6:00 Sensory/News and Reading Groups
- 7:00 Refreshments

Life Skills & Life Enrichment boxes are offered 24 hours a day.

LOCATION KEY

- DR - Dining Room
- OT - Outing
- AR - Activity Room
- LR - Living Room
- CY - Courtyard
- LA - Lounge Area
- SR - Sunroom
-
-
-

License Number

05 10:00 B- Fit Flexibility AR 11:00 Hymn Sing A long LR 1:30 Flower Arranging AR 2:30 Chair Dancing DR 3:30 Karaoke LR 4:00 Virtual Vacation LA 6:00 Sunday Night Movie LR 7:00 Soothing Music AR	06 Labor Day 10:00 B- Fit Coordination AR 11:00 How Bee's Make HoneyLR 1:30 Funny Tales AR 2:30 Flow Movement DR 3:30 Gardening CY 4:00 Singing with Mary Sue LR 6:00 News of the Day LR 7:00 Nature Relaxation LA	07 Rosh Hashanah 10:00 B- Fit Upper Body AR 11:00 Nature Trivia LA 1:30 Recipe Swap AR 2:30 Chair Dancing DR 3:30 Fall Planting CY 4:00 Name that Tune LR 6:00 Little House LR 7:00 Audio Book AR	01 10:00 B- Fit Flexibility AR 11:00 Name That Star LR 1:30 Painting- Night Scene AR 2:30 Tai Chi DR 3:30 Karaoke LA 4:00 Turn Table Time LA 6:00 Audio Book Club LA 6:30 Retro News LR	02 10:00 B- Fit Upper Body AR 11:00 Have You Ever? DR 1:30 Writer's Circle AR 2:00 Resident Council LR 2:30 Dance Break DR 3:30 Motown Memories DR 4:00 Cello Music LA 6:00 Good News LR	03 10:00 B- Fit Lower Boday AR 11:00 Hometown Memories CY 1:30 Joyful Collages AR 2:30 Tai Chi DR 3:30 Salsa Dancing LR 6:00 Local News LR 7:00 Nature Relaxation LA	04 10:00 B- Fit Flexibility AR 11:00 Family Feud LR 1:30 Creating with Color AR 2:30 Table Tennis DR 3:30 Classical Musical Songs LR 4:00 Murder She Wrote LR 6:00 Movie Night LR 7:00 Beach Relaxation LA
12 10:00 B- Fit Flexibility SR 11:00 Bible Trivia LR 1:30 Hymn Trivia DR 2:00 Church Singers DR 3:00 Andy Griffith LR 4:00 Country Karaoke LR 6:00 Good News LR 7:00 Puzzles and Relaxing DR	13 10:00 B- Fit Upper Body AR 11:00 Crossword Frenzy LR 1:30 Peanut Butter Making DR 2:30 Movement Monday CY 3:30 Patriotic Karaoke CY 6:00 Retro News LR 7:00 Audiobooks LA	14 10:00 B- Fit Flexibility AR 11:00 Remember When... LR 1:30 Puppetry Workshop DR 2:30 Puppetry Performance CY 3:30 Electric Music Video LR 6:00 Table Games DR 7:00 Relaxing to Records LA	08 10:00 B- Fit Lower Body AR 11:00 Crossword Puzzle LR 1:30 Poetry Reading LA 2:30 Improv Dance DR 3:30 Jane Austin Reading LA 4:00 Karaoke LR 6:00 Local News LR 7:00 Relaxing Waterfall Tour LR	09 10:00 B- Fit Flexibility AR 11:00 Garden Trivia LR 1:30 Wood Working AR 2:30 Tai Chi DR 3:30 Piano Music LR 6:00 Murder She Wrote LR 7:00 Nature Relaxation LA	10 10:00 B- Fit Lower Body AR 11:00 What Came First? LR 1:30 Painting Flowers AR 2:30 Yard Games CY 3:30 Motown Hour LR 6:00 Chicken Soup for the Soul LR 7:00 Relaxing with Colors DR	11 10:00 B- Fit Lower Body AR 11:00 Animal Trivia LR 1:30 Gardening CY 2:30 Horseshoes DR 3:30 50s Sing a Long LR 6:00 Casablanca LR 7:00 Audiobook LA
19 10:00 B- Fit Flexibility AR 11:00 Billy Graham LR 1:00 Garden Time CY 2:00 Hymns LA 3:30 Funny Animal Videos LR 6:00 Chitty Chitty Bang BangLR 7:00 Relaxing to Cellos LA	20 10:00 B- Fit Balance AR 11:00 Pirate Facts/ Trivia LR 1:30 Pirate Talk DR 2:30 Fencing Moves DR 3:30 Calypso Music LA 6:00 Pirates of ... Penzance Movie LR 7:00 Carribean Tour LA	21 10:00 B-Fit Upper Body AR 11:00 Moon Trivia LR 1:30 Night Sky Painting AR 2:30 Flow Movement DR 3:30 Frank Sinatra Songs LR 6:00 Moonstruck LR 7:00 Ocean Relaxation LA	15 10:00 B- Fit Lower Body AR 11:00 Harvest Trivia LR 1:30 Fall Hat Decorating AR 2:30 Chair Dancing DR 3:30 Pet Play Day! CY 6:00 Local News LR 7:00 Relaxation to Waterfalls LA	16 Yom Kippur 10:00 B- Fit Flexibility AR 11:00 Jewish Facts/Trivia LR 1:30 Apple Turnover makingDR 2:30 Jewish Dancing DR 3:30 Salsa Music LR 6:00 Fiddler on the Roof LR 7:00 Woodworking Video LA	17 10:00 B- Fit Upper Body AR 11:00 Word Games LR 1:30 Gardening CY 2:30 Friday Follies DR 3:30 Silly Kids LA 6:00 Murder She Wrote LR 7:00 Nature Relaxation LA	18 10:00 B- Fit Flexibility AR 11:00 Family Feud LR 1:30 Grilling Recipe Share LR 2:30 Putt Putt CY 3:30 Disco Tunes LR 6:00 Remember the Titans LR 7:00 Virtual Mexico LA
26 10:00 B- Fit Flexibility AR 11:00 American Bible... Challenge LR 2:00 Karaoke-Hymns LA 3:00 Gardening CY 4:00 Carol Burnette LR 6:00 Good News LR 7:00 Relaxation- InstrumentalAR	27 10:00 B- Fit Upper Body AR 11:00 Pet Talk LR 1:30 Dog Blankets.. for Animal Shelter DR 2:30 Art Stroll DR 3:30 Table Games AR 6:00 Highway to Heaven LR 7:00 Wildflower Relaxation LA	28 10:00 B- Fit Flexibility AR 11:00 National Parks Tour LR 1:30 Poetry Reading LA 2:30 Chair Dancing DR 3:30 Karaoke Standards LA 6:00 Local News LR 7:00 Relaxation Potporri LA	22 10:00 B- Fit Lower Body AR 11:00 Fall Trivia LR 1:30 Leaf Painting AR 2:30 Apple Games CY 3:30 Harvest Moon Festival DR 6:00 Local News LR 7:00 Nature Relaxation AR	23 10:00 B- Fit Flexibility AR 11:00 Retro Word Games LR 1:30 Fishing Lesson DR 2:30 Line Dancing DR 3:30 Classic Country Hour LR 6:00 Local News LR 6:30 Checkers Tournament DR 7:00 Breathing Relaxation LA	24 10:00 B- Fit Upper Body AR 11:00 Music Bingo LR 1:30 Cherry Cobbler DR 2:30 Sock Hop Dances DR 3:30 Native American ... History Video LR 6:00 Dances with Wolves LR 7:00 Fall Relaxation LA	25 10:00 B- Fit Flexibility AR 11:00 Word Search LA 1:30 Duck Decoy Painting AR 2:30 Tai Chi DR 3:30 Gospel Singing LR 6:00 Grumpy Old Men LR 7:00 Fishing Relaxation LA
29 10:00 B- Fit Balance AR 11:00 Retro Comedians LR 1:30 Charcoal Rubbings CY 2:30 60's Dances DR 3:30 Backpacks for... Kids DR 6:00 Dick Van Dyke LR 7:00 Birdwatching RelaxationAR	30 10:00 B- Fit Upper Body AR 11:00 Bingo LR 1:30 Clay Sculpting AR 2:30 Tai Chi DR 3:30 Karaoke LR 6:00 Local News LR 7:00 Fall Leaf Relaxation Virtual Tour AR					

Health and Wellness

Coping with Stress



Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient. How you respond to stress can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. Chronic stress is widely believed to accelerate aging and its adverse effects on immune system function.

Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping others cope

with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.

Common Symptom and Signs of Stress

- Worry and anxiety
- Panic attacks
- Headaches or chest pain
- Irritability and mood swings
- Difficulty concentrating
- Difficulty sleeping

Stress is your body's response to demanding or adverse conditions or events, whether they are real or perceived, but it can cause some unexpected changes to our physical and mental health. The effects of stress can be helped through stress management techniques.

Healthy Ways to Cope with Stress

- Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.

- Take breaks from watching, reading, or listening to news stories, including those on social media.
- Take care of your body.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol use.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. If social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Source:

"Coping with Stress". CDC, 1 July 2020, <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>.

Wellness Challenge

Mental health is an important part of overall health and well-being. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Be Well on Purpose!

COMMUNITY CONNECTIONS

September 2021

Brookdale News

Caring For You. Cindy Kent, Executive Vice President and President of Senior Living



Your health and well-being are Brookdale's top priority. We continue to navigate our way through the COVID-19 pandemic by fully leveraging the size and scale of our entire company. We are an effective learning organization with a passion for serving seniors, and we continue to partner really well with health authorities and regulators.

We are innovating to find the best and new ways to try to protect you. In our communities, we've introduced telehealth services and increased partnership with other health organizations. As you may recall, we also partnered with CVS through the federal

partnership program for vaccine distribution. Through this, we facilitated over 125,000 vaccine doses in less than four months. We are so grateful that 93% of our residents chose to be vaccinated through our clinics.

A critical component of this ongoing success is attributed to our inclusion of different perspectives and expertise into our planning—focused not just on the physical health and safety but also balancing that with emotional well-being as well as resident engagement. We are prioritizing the balance of clinical needs as well as overall physical safety with the effects of loneliness and loss of family connections.

It's awe-inspiring to see Brookdale's "Everyday Heroes" in action. I've seen many acts of selflessness over the years of my career, but I have never seen anything like Brookdale's emergency response--whether hurricanes, wildfires, or the pandemic, Brookdale is there! It takes a special kind of person to work in senior living and I am so glad to be part of the Brookdale team!

An Engaged Life



Hank Jaeckal is someone who enjoys interacting with others to make a difference in their lives. He has used these important attributes his entire life. Especially during his career as an industrial engineer and later as an employee for the Mississippi Division of Vocational Rehabilitation. Through his work with this organization he was selected by the National Rehabilitation Association to set up other programs to help disabled individuals find work and live productive lives.

A hobby Hank picked up in the early part of his life was writing poetry. He would write poetry forming clues for his sons to find hidden items during special holidays. Hank often placed his poems in birthday cards for friends and family to enjoy.

In 2016, Hank moved to Brookdale Tamarac Square in Denver, CO bringing the same synergy to work with others and a love of the written word. He has become a master at his interest of working with words to develop tales. Hank's short stories are on topics he used for inspiration about being an amputee and the impact of interesting and humorous things people have said to him over the years.

Hank's amazing poem "The American Spirit" was selected as the Grand Champion in Brookdale's 2nd Annual National Poetry Challenge from over 100 poems submitted from residents across the country. Hank is dedicated to leading a life of passion and purpose utilizing words to capture the imagination.

Check with your programming associate for a copy of Hank's winning poem!